



Virtual

WELLNESS PRESENTATIONS SEPT-OCT 2021

Click the Event Name
to Register Online

Chester County Hospital offers **FREE** Virtual Wellness Classes to support your health and wellness goals.

REGISTRANTS WILL RECEIVE A DIRECT LINK VIA EMAIL TO JOIN THE CLASS.

Participants will have the opportunity to ask questions through their computer or smart device's video camera, microphone or through the platform's chat function. Video is not required.

REGISTRATION IS REQUIRED FOR ALL EVENTS:

Click the Event Name to Register Online

OTHER WAYS TO REGISTER:

610.738.2300

CCHWellness@pennteam.upenn.edu

ChesterCountyHospital.org/Wellness

WEIGHT MANAGEMENT + NUTRITION

Struggles and Solutions

September 20, 5:15–6:15 PM

Snacking for Better Health

October 18, 5:15–6:15 PM

Balancing the Mixed Dish

A Registered Dietitian will lead a discussion on an interesting, timely, and useful topic about food, activity and wellness. Program provides ideas and encouragement for anyone on a journey to lose weight or begin to live a healthier lifestyle.

Your Weigh Down

September 7, 14, 21, 28, 6:15–7:30 PM

Come get connected with dynamic group coaching to learn your "weigh" to healthy weight loss. Make real progress happen while attending 4 group coaching sessions packed with education and hands on skill building. Here we put the pieces together to stop weight gain and re-set behaviors for meaningful food, fitness and health improvements.

Weight Loss Surgery Information Sessions Online!

Staff from Penn Metabolic & Bariatric Surgery discuss the latest surgical options for people with obesity seeking effective weight loss treatment in a recorded presentation.

For more information: 215.615.7500 or visit

PennMedicine.org/Bariatrics.

Supermarket Savvy: Family Meals Month Cook-A-Long

September is Family Meals Month

September 22, 6:00–7:15 PM

Jena Woods, MS, RD, LDN

Join local ShopRite dietitian for a Family Meals Month virtual cook-a-long. She will share information about the benefits of eating meals together and how to get everyone helping in the kitchen! Recipes will be family-friendly and packed with nutrition. Registrants will receive recipes so they can cook along at home. Cooking along is not required, but is definitely more fun!

Supermarket Savvy: Fall Foods Tour

October 13, 6:00–7:15 PM

Jena Woods, MS, RD, LDN

Join local ShopRite dietitian for a virtual "Fall Foods Tour". She will walk you around the store and highlight products and foods fit for this season. She'll even throw in some meal suggestions, nutrition tips, and ideas to get you started.

A Conversation About Emotional Eating

October 20, 27, November 3, 10, 6:00–7:00 PM

Kim Beazley, RD, CDCES, LDN

Do you eat when you are lonely, upset or stressed? Is emotional eating getting in the way of your health goals? Come to this 4-week interactive series, led by a Registered Dietitian, to discuss emotional eating and learn tips and tools to overcome it.



Virtual

WELLNESS PRESENTATIONS SEPT-OCT 2021

Click the Event Name
to Register Online

DIABETES PREVENTION + MANAGEMENT

Reversing Prediabetes

September 9, 6:00–7:30 PM

October 12, 6:00–7:30 PM

More than 88 million Americans have pre-diabetes. This one-and-a-half-hour program teaches you how to change your lifestyle and reduce your risk for developing type 2 diabetes.

Revirtiendo la prediabetes

09 de septiembre, 6:00–7:30 PM

Carla Graves, RD, CDCES

Más de 88 millones de americanos tienen la prediabetes. Este programa de hora y media le enseñará cómo cambiar su estilo de vida y disminuir el riesgo de desarrollar la diabetes tipo 2. Si tiene preguntas o quisiera inscribirse en este programa, favor de enviar un mensaje de correo electrónico dirigido a la Srta. Carla Graves: carla.graves@pennmedicine.upenn.edu o comuníquese con los intérpretes al 610.431.5528.

Insulin Management Support Group

THIS IS A NEW SUPPORT GROUP

September 14, 6:00–7:00 PM

This bimonthly support group is for people using intensive insulin management to manage their diabetes through the use of 2 or more insulin injections a day or insulin pump therapy. Individuals are invited to come and share their successes and challenges in the day to day management of diabetes with the added complexity of insulin therapy. Family members are always welcome to attend for support. We will have discussions as well as insulin and diabetes technology updates and other related topics.

Living with Type 2 Diabetes

September 15, 6:00–7:00 PM

Don't let what you don't know about diabetes keep you from feeling your best. Whether you are newly diagnosed, or have had diabetes for some time, this program will get you up to date with the tools and resources you need to live well with Type 2 Diabetes.

Prevent Diabetes

A Lifestyle Change Program

September 23–November 11, 6:00–7:00 PM

This eight-week program empowers people who are at risk for Type 2 Diabetes to take charge of their health and well-being. Participants meet with a trained lifestyle coach to learn ways to incorporate healthier eating and moderate physical activity, as well as problem-solving, stress-reduction, and coping skills, into their daily lives.

Prevenir la Diabetes

Un programa para cambiar su estilo de vida

23 de septiembre–11 de noviembre, 6:00–7:00 PM

Este programa de 8 semanas empoderará a la gente que corre riesgo de tener diabetes tipo 2 y así, hacerse a cargo de su salud y bienestar. Los participantes se reunirán con un entrenador capacitado en estilos de vida para aprender distintas formas de incorporar en sus vidas cotidianas tanto la alimentación saludable y actividad física moderada como la resolución de problemas, reducción de estrés, y mecanismos de afrontamiento. Si tiene preguntas o quisiera inscribirse en este programa, favor de enviar un mensaje de correo electrónico dirigido a la Srta. Carla Graves: carla.graves@pennmedicine.upenn.edu o comuníquese con los intérpretes al 610-431-5528.

Diabetes Support Group

September 28, 1:00–2:00 PM

Menu Makeover

October 26, 1:00–2:00 PM

The Link Between Heart Failure and Diabetes

This monthly support group is for individuals living with the day-to-day challenges of diabetes. You and your family members can join us for ongoing support, to share your experience with others, and receive updates in diabetes management.

REGISTRATION IS REQUIRED FOR ALL EVENTS:

Call 610.738.2300

Email CCHWellness@pennmedicine.upenn.edu

Visit ChesterCountyHospital.org/Wellness



Virtual

WELLNESS PRESENTATIONS SEPT-OCT 2021

Click the Event Name
to Register Online

LIFESTYLE MEDICINE

Stop Smoking Now!

September 14–October 26, 6:30–8:00 PM

October 20–December 1, 6:30–8:00 PM

Education, behavior modification and relaxation techniques help participants become nonsmokers during this free seven-week smoking cessation program. **Free nicotine patches also available.*

HEART HEALTH

Cardiac Support Group

September 2, 1:00–2:30 PM

Chest Pain Center Update

Ralph Smith, BSN, RN, Cardiovascular Registry and Accreditation Manager

October 7, 1:00–2:30 PM

Cardiac Surgery Update

Satoshi Furukawa, MD, Cardiac Surgery

Open to all cardiac patients and their families, Chester County Hospital's cardiac support group includes presentations by health care professionals, followed by networking and discussion on issues of personal interest to those with heart disease. New topics are presented each month and include discussions on healthy eating, stress reduction, heart rhythm, heart failure, fitness, and others.

Living with Heart Failure Support Group

September 9, 2:00–3:00 PM

Meet and Greet with Clay Warnick, MD

Clay Warnick, MD

October 14, 2:00–3:00 PM

A Fib Center: What Does It Mean?

Monica Pammer, PA-C

If you or a loved one suffer from chronic heart failure, join others who also deal with this issue and learn important information from a heart failure nurse to help you avoid hospitalizations, and enjoy greater quality of life.

Hands-Only CPR

September 30, 6:00–7:15 PM

October 19, 6:00–7:15 PM

By learning Hands-Only CPR (CPR without mouth breathing), you can increase confidence and reduce hesitation in life-saving situations. This training also includes education on early heart attack signs and symptoms.

Implantable Cardioverter Defibrillator (ICD) Support Group

October 21, 5:00–6:00 PM

Amanulla Khaji, MD

Do you or a loved one have an implantable cardioverter defibrillator (ICD)? Would you like to talk with others who are learning to live with this life-saving device? Join the Electrophysiology team for a virtual informative session about ICDs.

Heart & Vascular Services

Chester County Hospital offers a variety of cardiovascular support groups, including Living with Heart Failure, Implantable Cardioverter Defibrillator (ICD), and a general Cardiac support group that is open to all cardiac patients and their families.

[Explore Heart and Vascular Care>](#)

[Take the Heart Risk Assessment Today>](#)

REGISTRATION IS REQUIRED FOR ALL EVENTS:

Call 610.738.2300

Email CCHWellness@pennteam.upenn.edu

Visit [ChesterCountyHospital.org/Wellness](https://www.ChesterCountyHospital.org/Wellness)



Virtual

WELLNESS PRESENTATIONS SEPT-OCT 2021

Click the Event Name
to Register Online

SENIOR HEALTH

Steady As You Go: What You Can Do To Decrease Your Risk For Falls

October 6, 11:00 AM–12:30 PM

James Herlihey, MPT

Physical Therapy, Rehabilitation, and Sports Medicine

Falls remain the leading cause of injury for older Americans and often threaten seniors' safety and independence. Prevention remains the best way to avoid the injuries and other problems often related to falls. Learn from a Physical Therapist and other injury prevention experts about the practical steps you can take with exercising, managing your medications and lifestyle adjustments to decrease your risk for a fall and maintain your independence.

Matter of Balance: Fall Prevention Program

This is an in-person event

October 12–November 30, 10:00 AM–12:00 PM

600 E. Marshall Street, West Chester

Suite 302, Wellness Classroom

Michelle Boyle, MS and Susan Pizzi, RN

This award-winning program provides participants with practical strategies designed to prevent falls and increase activity levels. *Classes are held once a week for 8 weeks. Participants must commit to attending all sessions. CDC and Chester County Hospital COVID-19 guidelines will be followed.*

Medicare Update: Fine Tune Your Medicare

October 20, 6:00–7:30 PM

Pennsylvania Medicare Education and Decision Insight (PA MEDI) Representative

Representatives from PA MEDI will be presenting Medicare information for people who have Medicare. Beneficiaries will want to review the basics of Medicare and see what changes they can make for the upcoming year to prepare for the Medicare Annual Open Enrollment Period from October 15–December 7.

ORTHOPAEDICS

Bones and Joints: Hip

September 29, 6:00–7:00 PM

Christopher Lyons, MD

Join our board certified orthopaedic surgeon to learn about the latest surgical and non-surgical treatments for pain. These include medications, injections, small incision joint replacement, and other state-of-the-art advancements. You will also learn about the "Same Day Discharge" option for joint replacement surgery.

Keep Your Spine in Line

October 26, 6:00–7:00 PM

Julia McDonnell, DPT, Cert. MDT, Spine Program Coordinator

Have you been dealing with new or chronic back or neck pain? You are not alone. Back pain is the most common medical problem in the United States and causes more global disability than any other condition. Join this discussion with a physical therapist who is passionate about helping people with their spinal issues. Dr. Julia L. McDonnell is credentialed by The McKenzie Institute International and specializes in the evaluation and treatment of neck and back pain. You will gain an understanding of the anatomy and biomechanics of the spine and will get practical tips to improve your posture and prevent injury to keep your spine healthy.

Osteoporosis is "Bad to the Bone"

October 28, 6:00–7:00 PM

Sucharitha Shanmugam, MD

Maureen Boccella, MS, RD, CDCES

A Rheumatologist and Registered Dietitian will join together in this presentation that reviews the diagnosis and impact of osteoporosis. Learn about treatment options and the importance of nutrition in maintaining your bone health.

REGISTRATION IS REQUIRED FOR ALL EVENTS:

Call 610.738.2300

Email CCHWellness@pennteam.upenn.edu

Visit [ChesterCountyHospital.org/Wellness](https://www.ChesterCountyHospital.org/Wellness)



Virtual

WELLNESS PRESENTATIONS SEPT-OCT 2021

Click the Event Name
to Register Online

MENTAL HEALTH

Voices of Recovery

September is National Recovery Month

September 15, 12:00–1:00 PM

Hear the stories of individuals currently in recovery from a substance use disorder. Learn about their path to recovery and how they maintain their sobriety. There will be time for questions and discussion about the recovery process. Members from the community and healthcare professionals are encouraged to attend and participate in the discussion.

Mental Health First Aid USA

September 18, 8:30 AM–3:00 PM

Chester County Hospital has partnered with West Chester University to provide this free, evidence-based public education program. By attending this training, you will gain the skills needed to help another person who is struggling with a mental health or substance use concern or crisis. You will learn how to reach out and provide initial support to someone and help connect them to appropriate care.

[Click here to register: wcuhealthsciences.ticketleap.com/vmhfa-sep18/](https://wcuhealthsciences.ticketleap.com/vmhfa-sep18/)

Opioid Epidemic and Narcan® Training

September 29, 6:00–7:30 PM

Learn How to Save a Life

Kate Genthert, Chester County Drug and Alcohol Services
Ethan Healey, Paramedic, Good Fellowship and Ambulance Training Center
Tracy Norcini, Kacie's Cause

Chester County Hospital has partnered with the Chester County Department of Drug and Alcohol Services to reduce the incidence of accidental drug overdoses. Join us to learn how to recognize and respond to an opioid overdose and how to access treatment in Chester County. All attendees will receive training on how to use life-saving Narcan® (naloxone) nasal spray and free naloxone will also be provided to all registrants. Registration Required. Limited availability of Narcan®.

Prescription and Over-The-Counter Drug Take Back Event (Drive Thru)

Chester County Hospital > South Entrance

September 30, 5:00–7:00 PM

Chester County Sheriff's Office

This special event provides community members with a safe, convenient and responsible way to dispose of unwanted and expired prescription drugs and over-the-counter medications.

Products Accepted: Prescription and over-the-counter medications, tablets and capsules, prescription patches, medical creams and ointments, vitamins, nasal sprays, pet medications, and liquid medications in the original bottle.

Products Not Accepted: Intravenous solutions, hydrogen peroxide, compressed cylinders or aerosols, iodine-containing medications, thermometers, and alcohol are not accepted. Before disposing of prescription medicines, remove all personal information on pill bottle labels and medicine packaging.

QPR Suicide Prevention Training

October 21, 5:30–7:30 PM

QPR (Question, Persuade, Refer) is a nationally recognized suicide prevention training that has been extensively researched and proven effective. It was developed by Paul Quinnett, PhD, the founder of the QPR Institute, www.qprinstitute.com. The Chester County Suicide Prevention Task Force (CCSPTF) delivers this program in the community with certified QPR instructors. Participants who complete the class are considered QPR Gatekeepers.

REGISTRATION IS REQUIRED FOR ALL EVENTS:

Call 610.738.2300

Email CCHWellness@pennmedicine.upenn.edu

Visit ChesterCountyHospital.org/Wellness



Virtual

WELLNESS PRESENTATIONS SEPT-OCT 2021

Click the Event Name
to Register Online

CANCER CARE

The HPV Vaccine: Prevent Cervical Cancer and Protect Your Future

September 16, 6:00-7:00 PM

Lori Cory, MD

Human papillomavirus (HPV) is estimated to cause nearly 36,000 cases of cancer every year in the United States. In this presentation, a gynecologic oncologist will provide information about HPV and its link to cervical cancer. Your questions about HPV infections, testing and vaccinations will be addressed.

Chemotherapy Education: General Tips and Principals of Treatment (Lunch & Learn)

This is an in-person event

Dennis A. Berman Conference Room

Abramson Cancer Center at Chester County Hospital
440 E Marshall Street, West Chester, PA 19380

September 14, 12:00-1:30 PM

Sandy Camarota, CRNP, AOCNP, Oncology Nurse Practitioner,
Abramson Cancer Center at Chester County Hospital

Join us for an educational program about chemotherapy and recommendations for managing side effects. ALL Oncology patients welcome! To register, please call Stephanie Challis at 610-738-2341 or email Stephanie.challis@pennteam.upenn.edu

Breast Cancer: Updates in Breast Imaging

October is Breast Cancer Awareness Month

October 12, 6:00-7:00 PM

Eugene M. Glavin, MD

Please join our Director of Breast Imaging to learn about the latest technologies and guidelines for breast cancer screening. Hear about how the COVID vaccine can impact your mammography results. Get answers to some of the questions many women ask about mammography.

The Abramson Cancer Center

The Abramson Cancer Center at Chester County Hospital provides accessible cancer care in a patient-friendly environment. Our oncology care services consist of prevention, early detection, diagnosis and treatment (including medical and radiation oncology and surgical management) as well as nursing and palliative and hospice care. The result is improved quality of care, strong clinical outcomes and high patient satisfaction.

[Learn More About The Abramson Cancer Center >>](#)

Cancer Support Groups

The Abramson Cancer Center at Chester County Hospital offers online support groups to help patients deal with the often overwhelming emotional effects of cancer. Support groups include: Living with Breast Cancer, Caregiver Support, Gynecology Oncology Support, and Survivorship Next Step Series.

REGISTRATION IS REQUIRED FOR ALL EVENTS:

Call 610.738.2300

Email CCHWellness@pennteam.upenn.edu

Visit ChesterCountyHospital.org/Wellness